



National Nutrient Database for Standard Reference
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Statistics Report 09123, Grapefruit juice, white, canned or bottled, unsweetened

Report Date: June 30, 2017 06:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	91.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein ¹	g	0.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Total lipid (fat)	g	0.10	16	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash ¹	g	0.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	7.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary ¹	g	0.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Sugars, total ¹	g	7.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	1.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glucose (dextrose) 1	g	2.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Fructose 1	g	2.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1	mg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Iron, Fe 1	mg	0.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Magnesium, Mg 1	mg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phosphorus, P 1	mg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

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Potassium, K ¹	mg	129	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Sodium, Na ¹	mg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Zinc, Zn ¹	mg	0.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Copper, Cu ¹	mg	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Manganese, Mn ¹	mg	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F ^{2 3 4}	µg	44.9	40	5.874	1	115.2	38.0	32.968	56.751	2	Analytical or derived from analytical	--	01/2006
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	28.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Thiamin	mg	0.042	17	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	17	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.231	17	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	10	3	0.509	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	3	0.509	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	7.7	--	--	--	--	--	--	--	--	Calculated or imputed	09116	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Carotene, alpha	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Vitamin A, IU	IU	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Lutein + zeaxanthin	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ⁵	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated ¹	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated ¹	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated ¹	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:2 undifferentiated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans ¹	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Anthocyanidins													
Cyanidin ⁶	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Eriodictyol ⁶	mg	0.2	--	0	0.16	0.16	--	--	--	--	--	--	--
Hesperetin ^{6 7 8}	mg	0.8	--	0.18	0.47	1.68	--	--	--	--	--	--	--
Naringenin ^{6 7 8 9 10}	mg	18.0	531	0.77	5.2	26.33	--	--	--	--	--	--	--
Flavonols													
Quercetin ^{6 7}	mg	0.4	--	0.24	0	1.16	--	--	--	--	--	--	--
Isoflavones													
Daidzein ¹¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ¹¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Ocean Spray Cranberries, Inc. Nutrient composition of Ocean Spray products, 2015

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